

MESSAGE FROM THE CEO - DAVID COLLINS

Thirty-eight years ago, when we first started delivering health services on North Stradbroke Island, I don't think many people would have anticipated Yulu-Burri-Ba's growth and the changes to come in the health services Yulu-Burri-Ba delivers.

In 1984, we started with 1 doctor and 1 nurse coming to the island from ATSICHS Brisbane. Ten years later, when Yulu-Burri-Ba Aboriginal Corporation was incorporated, we had a staff of 11 people meeting the community's health needs.

These days, we have close to 100 employees, and we have over 5000 regular clients visiting Yulu-Burri-Ba clinics in Dunwich, Wynnum, and Capalaba.

As we have grown, we recognised the need to expand the health services our community beyond primary health care. Over the past 8 years, we have introduced dental, specialist health, social health, allied health, maternity, and family health services.

We will always look for opportunities to deliver the health services our community needs.

This month I'm proud to announce the opening of another Yulu-Burri-Ba location at Capalaba which will focus on services to support our Family Wellbeing clients.

Yes, the Capalaba clinic will remain at 1 Finucane Road, but the new location will be specially designed for families and children in the Family Wellbeing program.

Yulu-Burri-Ba's Family Wellbeing program offers Aboriginal and Torres Strait Islander families the option to access culturally safe services that are designed by Aboriginal and Torres Strait Islander people to build healthy, happy, and safe communities.

If you would like to know more about our Family Wellbeing Service, please check out our website www.ybb.com.au/services-programs/social-family-wellbeing-services.

OUR ACKNOWLEDGEMENT TO COUNTRY

We here at Yulu-Burri-Ba would like to acknowledge the custodians of the Quandamooka land in which we have the pleasure to work on.

We pay our respects to the elders of this land, past, present and emerging. We recognise what a privilege it is to be able to build our business on country, and practice the traditions and beliefs established by the Quandamooka people.

Yulu-Burri-Ba is also grateful for the many Quandamooka employees we are very fortunate to work with us. They continue to teach us and help us in protecting the culture, land and heritage of our beautiful home.





Are you a Quandamooka person wanting to support mob on the Island? We are currently recruiting for 3x positions in our Family Services Team!

1x Youth Program Facilitator – Full Time (3pm – 8pm)

2x Youth Program Worker – Part Time (Various days – 3pm – 8pm)

These positions will work together to deliver culturally appropriate community-based activities and programs for young people aged between 12 and 25 within an after-hours programs aimed at enhancing social and emotional wellbeing of at-risk young people.

THESE ARE IDENTIFIED POSITIONS THAT WILL BE BASED ON NORTH STRADBROKE ISLAND.

For more information, contact HR at hr@ybb.com.au.

If you are interested in applying, send a cover letter and resume to hr@ybb.com.au by COB Wednesday 28th September. Please make sure you indicate which position you are applying for.

Please note that the successful applicants MUST have a current Paid Working with Children Blue Card and be fully vaccinated against COVID-19.



CAN'T GET AN APPOINTMENT?



In August, 423 people COULDN'T be seen

because
423 people DIDN'T show up.

Forgetting to cancel your appointment if you no longer need it prevents someone else from being seen.

Ask us about the best ways to cancel an appointment and make sure we have your up-to-date contact details.

CAP - 3900 7800

WYN - 3164 5800

NSI - 3409 9596

SATURDAY CLINICS

CAPALABA

First Saturday of each month 8:30 A M - 12:30 P M G P & vaccination appointments available

WYNNUM

Second Saturday of each month 8:30 A M - 12:30 P M G P & vaccination appointments available

DUNWICH

Third Saturday of each month 8:30 A M - 12:30 P M G P & vaccination appointments available

Telehealth

Yulu-Burri-Ba is encouraging our clients to use our new telehealth services whenever possible.

What is Telehealth?

Telehealth is a great way to access healthcare by using a phone or video call to yarn with your doctor or any of your health care providers.

What services are available through telehealth?

Almost all clinic services are available through Telehealth, including the following routine appointments:

- Discuss test results and post-op care
- Yarn with the social health team
- Discuss management of chronic diseases
- Allied Health appointments
- And much more!

If you are not sure if Telehealth is the right thing for you, just ask when you call your clinic to book your next appointment.

What do I need?

To get started, you will need a device that is connected to the internet e.g. a mobile phone, laptop, or tablet. If you have booked a video consult, you will need a device with a camera. If you're not sure whether you have the right device, ask your clinic for assistance.

Attending your appointment using Telehealth

Four easy steps to start your Telehealth appointment:

- Find a quiet room with good lighting and make sure you've connected to the internet
- 2. Click the link in the email or SMS you received from the clinic
- 3. Enter your name and phone number when prompted
- 4. Wait for the doctor to arrive and start your appointment



GET YOUR 'WINTER' DOSE NOW!

If you are over the age of 30, you are now eligible to receive a 2nd booster, if it has been over 3 months since your last dose.



Are you COVID positive?

A lot of mob are testing positive for COVID – if you are one of them, don't let isolation make you feel alone!

You aren't!

Our clinic teams are here to provide support, information and assistance during this difficult time.

Just call your clinic and book with the covid pathway GP when you receive a positive test result.

NSI: 3409 9596 CAP: 3900 7800 WYN: 3164 5800



Why vaccinate children aged 5-11 years against COVID-19?

Children aged 5-11 years represent around 8% of all COVID infections, but only a very, very small proportion of hospitalisations – and those who are hospitalised are mostly there for monitoring and do not have severe disease. That said, children with underlying conditions are still vulnerable, and rarely – otherwise healthy children may become unwell.

In summary – COVID (including omicron) infections are common but severe illness is rare. There is good reason though to vaccinate, with both direct and indirect benefits:

DIRECT BENEFITS:

- 1. SARS-Cov-2 infections, hospitalisations and deaths due to COVID-19
- Modelling studies indicate that vaccinating young children will have a considerable effect on reducing COVID-19 hospitalisations, ICU admissions and death in the overall population
- Vaccination of 5 to 11 year old children is likely to reduce the risk of hospitalisation and death in this age group specifically but is hard to quantify the effect, given sincere disease in this age group is rare
- 2. Paediatric inflammatory multisystem syndrome temporally associated with SARS-CoV-2 (PIMS-TS) is a rare but very serious condition associated with COVID-19 in children. It occurs in around 1:3000 children in the weeks after a COVID-19 infection. Vaccination reduces the risk of COVID infection and the occurrence of this COVID-related syndrome.
- 3. Post-acute COVID-19 syndrome

(PACS) or "Long COVID" – although this syndrome appears to be much less common in children, there is insufficient data to know for sure what long-term effects COVID infection will have on children

INDIRECT BENEFITS:

Vaccination of children in this age group reduces the risks associated with:

- School closures as part of public health measures
- Disruption to extra-curricular and social activities
- Parents needing to be absent from work
- Isolation of children and their families

Pfizer COVID Vaccine for children 5-11 years – Safety Data

- The Pfizer COVID vaccine for children
- aged 5-11 years was trialled with around 3,500 children in this age group, with no serious adverse events and generally mild reactions to the vaccine
- Roll-out in the USA commenced in November – by January 2022, over 8 million children have been vaccinated, with the profile of side effects and adverse events very similar to that in the trials. There have been 11 reported myocarditis / pericarditis events following vaccination (i.e. around 1 per 100,000), all recovered.
- AusVaxSafety tracks adverse events following vaccination. 57,000 post-vaccination surveys over the first 3 weeks of the Australian vaccine roll-out reported generally milder side effects after vaccination than for teenagers and adults

What are the benefits of longer or shorter time intervals between the two doses of Pfizer vaccine for children aged 5-11 years?

Benefit / risk	What's known?	So 3 or 8 weeks?
Build up immunity more quickly	2 doses give much greater protection than one and a shorter time interval gets you there quicker. A shorter interval could reduce the speed and volume of spread in the community.	Recommended for those at highest risk needing protection earlier (children with underlying immunosuppression or chronic conditions) AND should be considered in the context of an outbreak
Immunity will be stronger and longer lasting	In adults, there is evidence that immunity is more robust and longer lasting with a longer dosing interval i.e. 8-12 weeks. BUT – this may not be the same in young children, who appear to have a stronger immune response to the vaccine than adults. The Pfizer trials in children of this age were conducted with a 3 week dosing interval.	Jury is out
Myocarditis / pericarditis risk	In young adults, there is some evidence that a longer dosing interval may be associated with a lower risk of myocarditis / pericarditis. However, myocarditis / pericarditis is rare and usually follows a benign course. Further, there were no cases identified in 5-11 year olds in Pfizer trials and only 11 cases following 8m doses of Pfizer vaccine in 5-11 year olds to date (1:100,000) in the USA. Myocarditis / pericarditis are also known complications after COVID infection itself	Jury is out
Workload and prioritisation of vaccine effort	A longer dosing interval buys some time to direct workforce and vaccination effort to get primary courses completed and boosters into arms of those who are at highest risk of severe disease	An important consideration ONLY if the availability of vaccinators is a rate-limiting factor and we're not able to meet all potential vaccine demand

References:

Commonwealth Department of Health – Clinical Recommendations for COVID vaccines Queensland Health – COVID vaccination information for children and young people NCIRS – The COVID-19 vaccine for 5-11-year-olds explained - TGA safety report – 13th January 2022 - Australian AusVaxSafety Pfizer COVID-19 Vaccine Safety Data – Child Participants January 2022 Guidance on myocarditis and pericarditis after mRNA COVID vaccination - US CDC COVID vaccine safety report in children aged 5-11 years

Let's Bust Some COVID-19 Myths!

"I am young and healthy, so I won't need booster!" No one is immune to COVID-19. In fact, if you are not up-to-date with COVID vaccinations, including boosters if you're eligible, you are more likely to get crook and even experience what they call long COVID.

"COVID-19 can't be treated!"

We now have medications that can make a big difference. COVID is a very serious disease for elders, people with poor immune systems or chronic conditions, and those who are not up to date with COVID vaccines – but medications can reduce the risk of ending up in hospital or dying from COVID by around 80%, so long as they are started in the first few days after the symptoms of COVID develop.

"Omicron is dissapearing!"

The more people who are infected with COVID-19, the more likely we are to see new variants. So far, vaccines have proven very good at preventing serious illness and death but, with so many people getting COVID infections, new sub-variants of Omicron are emerging at regular intervals.

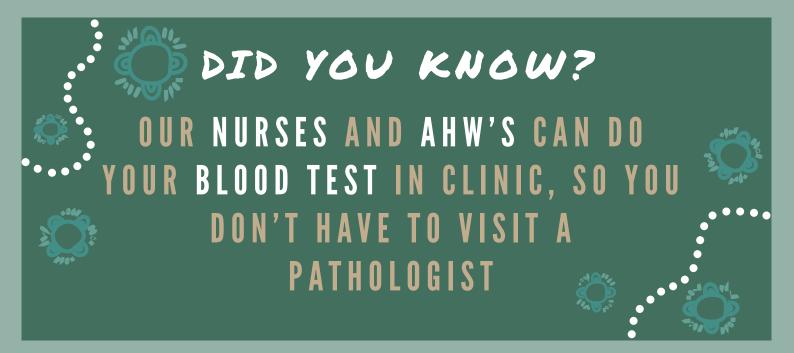
"I've had Omicron so I won't get COVID-19 again!"

You can still catch COVID, even if you've had a COVID infection before.

With each COVID variant, the virus finds new ways to avoid detection by our immune systems – meaning the immunity you get after one COVID infection may not protect you from the next variant when it comes along.

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GAMBLING
HELP QUEENSLLAND
are you after
culturally safe
support services?



MASKS ARESTILL MANDATORY IN CLINIC

The number of cases in QLD are increasing. We must keep up with our mask use to look after each other.

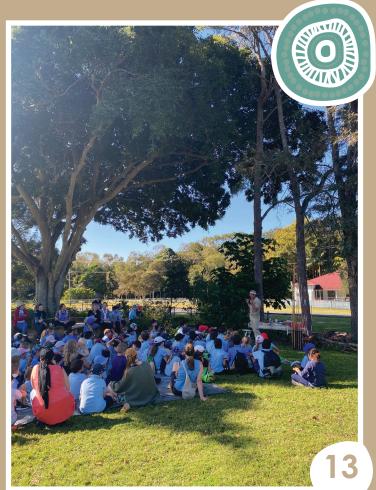
GET UP! STAND UP! SHOW UP! ON NS!!





This year, North Stradbroke Island celebrated NAIDOC at Dunwich State School with student-lead activities, art, cultural talks and more! The community got behind the theme of 'Get Up! Stand Up! Show Up!' by doing exactly that and participating in the deadly event alongside the school kids!





Mens Health Week

We acknowledged Mens Health Week this year with the theme of 'Breaking Down Barriers'. It's important to recognise the things holding back the men in our commuity from seeking the help they deserve. These barriers can include:

Hoping it's not an issue?

Denial can be common in men with regards to their health. You can miss the chance to act early if you hesitate. Pay attention to your body and trust what it is telling you.

Taking too long to do something about your health?

This gives the issue time to grow from something minor to something major. Don't put off seeking help.

Worried that asking for help is perceieved as being weak?

There is noithing weak about taking charge of your health. Reaching out for help can set a good example for other men and boys in the community.

Having trouble talking about your health?

Getting over the nerves and speaking up is the first step. Your friends, family and your GP want you to be happy and healthy and will do what they can to help.

Not sure what info to trust?

Seek your infomation from reliable, trustworthy sources - like our clinics.
Our teams are here to give health advice as well as practical care.



Deutal Health Week

1 - 7 August 2022

Dental Health Week is a chance for us to yarn about the topic of our teeth and make sure we are doing everything we can to look after our mobs smiles. So make sure you and your family:

- Brush your teeth twice a day
- Clean between your teeth daily using floss or interdental brishes
- Eat a healthy, balanced diet and limit added sugar intake
- Visit the dentist regularly for check ups and preventative care

Diabetes Week

10 - 16 July 2022

This year, we were encouraged to rethink how we think about diabetes.

Reduce the **burden** with more compassion.
Reduce the **blame** with more understanding.
Reduce the **barriers** and help people get support.
Rethink diebetes.

We can help you if you have diabetes, or think you have diabetes. Call to book in with one of our GPs now.

What's coming up?

SEPTEMBER

- 4 Fathers Day
- 6 12 Body Image and Eating Disorders
 Awareness Week
- 6 10 Womens Health Week
- 7 9 Quandamooka Jarjums Camp 2022
- 9 R U OK Day
- 10 World Suicide Prevention Day
- 27 2 Queensland Murri Carnival

OCTOBER

- 1 31 Breast Cancer Awareness Month
- 1 31 Mental Health Month
- 10 World Mental Health Day
- 9 16 World Mental Health Week
- Headspace Day
- 16 22 National Nutrition Week

NOVEMBER

- 1 30 Movember
- 11 Rememberence Day
- 13 World Kindess Day
- 14 World Diabetes Day
- 19 Deadly Choices Touch Carnival
- 19 International Men's Day



Have You Had Your Health Check?

A health check is an examination of your current state of health, carried out by one of our deadly Nurses or Aboriginal Health Workers and a Doctor. The aim of the health check is to help find, prevent or lessen the effect of health issues. It's like getting a car serviced before it breaks down. It's better to avoid disease than to treat it.

What can a health check involve?

- Updating your medical history and examining your health issues
- Performing tests like checking your blood pressure, blood sugar levels and an eye check
- A follow up if required and referrals to any other health specialists like Dietician, Dentist, and Podiatrist to name a few
- Advice and information on how to improve your health

All eligible clients who complete their health check also receive a Deadly Choices shirt!

Give us a call at one of our clinics to book in for your health check.



WE LOVE FEEDBACK

Yulu-Burri-Ba strives to provide the best service to the community. Incorporating your feedback is an important aspect that provides us the information we need to better our services. We take all of our feedback, whether negative or positive very seriously.

Are you a Social & Family Wellbeing service client? Take our survey (https://www.surveymonkey.com/r/SZML7KT)

HOW TO MAKE A COMPLAINT

- Firstly speak to the Manager or Supervisor, which can often
- Resolve most problems
 effectively and in a timely
 manner, as well as helping
 to identify ways that we can
 improve in the future.
- You may also ask for a
 'Complaints and Grievance'
 form which can be filled in and
 handed back in.
- After speaking with a Manager or Supervisor, you can also contact our Clinical Services Manager by email hr.@ybb.com. au or call us on 07 3409 9596 or write to us at PO 154 Dunwich QLD 4183.

If you wish to take the matter further and feel you need to discuss the matter outside of the surgery there are several options available including the:

 The Complaints Unit at The Department of Child Safety, Youth and Women by email feedback@csyw.qld.gov.au, or by phone 1800 080 464, or by post at Locked Bag 3405, Brisbane Qld 4001

- Medical Registration Board of Australia (Australian Health Practitioner Regulation Agency), The State or Territory Manager, AHPRA, G.P.O. Box 9958, In your capital city 1300 419 495
- Australian Medical Association, PO Box 123, Red Hill, QLD 405, (07) 3872 2222, amaq@amaq.com.au
- Contact us Yulu-Burri-Ba Aboriginal Corporation for Community Health PO Box 154 Dunwich QLD 4183
 P (07) 3409 9596 E hr@ybb.com. au. Please address all emails & post to the relevant program you are contacting us

READ OUR PRIVACY POLICY AND DISCLAIMER

www.ybb.com.au/privacy-policy-disclaimer/

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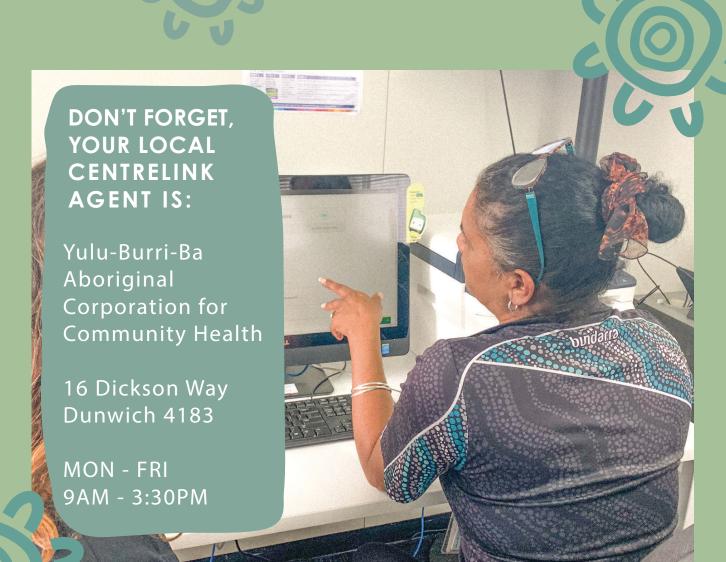
What is Mob Link?

Mob Link is a service that was created during the pandemic by IUIH to support mob in SEQ by linking you to the services you need.

Mob Link can help by linking you to:

- Support navigating the hospital system
- Health and social services
- COVID care support services such as:
 - Booking community events to discuss
 COVID
 - o Booking vaccination events
 - o Booking an appointment to be vaccinated at an AMS
 - Organise care for someone who has contracted COVID
 - Organise support for mob experiencing hardship due to isolation

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Have you recently changed your name, number, address medicare card or health care card?

If you have, it's so important you update this information with your clinic!

We need your information to be correct and current to ensure we can give you the best care possible!

Call your clinic and let them know about any changes straight away!



You can find us at



DUNWICH

16 DICKSON WAY, DUNWICH QLD 4183 (07) 3409 9596



CAPALABA

SHOP 2/1 FINUCANE ROAD, CAPALABA QLD 4157 (07) 3900 7800



WYNNUM

85 EDITH STREET, WYNNUM QLD 4178 (07) 3164 5800

OPENING HOURS OPENING HOURS

M: 8:30 TO 4:30 T: 8:30 TO 4:30 W: 8:30 TO 4:30 T: 8:30 TO 4:30 F: 8:30 TO 4:30 M: 8:30 TO 4:30 T: 8:30 TO 4:30 W: 8:30 TO 4:30 T: 8:30 TO 4:30 F: 8:30 TO 4:30

M: 8:30 TO 4:30 T: 8:30 TO 4:30 W: 8:30 TO 4:30 T: 8:30 TO 4:30 F: 8:30 TO 4:30

